



Woods Soccer Club :: U8 Practice Plan :: WEEK 1

Stage	Activity Description	Diagram	Checking for Understanding
Activity 1	<p>Dribble Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach:</p> <ul style="list-style-type: none"> Have players keep count of their own tags. Play more than one game, have players improve their tags by at least 1 more than before. 		<p>Coach's Observation:</p> <ul style="list-style-type: none"> Are the players keeping their head up? Where are their eyes? What parts of their feet are they using? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I able to change direction? Can I control the ball and tag at the same time?
Activity 2	<p>Boston Bulldogs</p> <p>In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p>		<p>Coach's Observation:</p> <ul style="list-style-type: none"> When are the players using their laces to dribble? Where are the players using a fake? <p>Player Challenges:</p> <ul style="list-style-type: none"> Am I protecting the ball from the Bulldogs? When should I use a fake to get around the Bulldogs?
Let's Play the Game		Recommended Rules	
		Possible Formations	3-1 (Diamond) or 2-2
		Dimensions in Yards:	Long: 35 max-25 min Wide: 30 max-20 min
		Ball	Size 3 or 4
		Number of Players	4 Players per team on the field - No Goalkeepers needed
		Referee	No Referee needed
		Duration	No more than 30 minutes max – Can play in quarters
		Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game
		Free Kicks	All free kicks shall be direct
		Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field
		Out of Bounds – End Line	1. When the ball goes out of bound, Please say YELLOW LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. the defending team must be at least 4-5 yards away from the ball		